

Motivation and Readiness Check

Losing weight is a major project and may require consistent commitment over a long period of time. This questionnaire helps you assess whether you are really ready to do something about your weight, and will help your doctor to recommend the best program for you.

Make a note of the column number for each of your responses to the 10 items and keep this handy for your first consult

Tick the boxes that best apply.	not at all	somewhat		very true	
	1	2	3	4	5
My family or friends have poor eating habits and are not interested in changing.					
My food is prepared for me by my partner, family or at work and it is difficult to avoid unhealthy eating habits.					
I am not confident I can succeed as I haven't had success in the past with general life goals I set myself.					
I have suffered from stress, depression, other psychiatric condition, eating disorder or substance abuse.					
It is difficult for me to commit extra time to make changes and attend appointments.					
I am a shift worker or engaged in other activities that make it difficult to maintain a regular meal pattern.					
I 'm not sure that I am ready to give up some of the things I enjoy , e.g. desserts, large meals, snacks etc.					
I prefer a rapid weight loss program and might not continue if progress is slow .					
My partner, friend, (or other person) has convinced me that I need to lose weight.					
I've tried a lot of weight loss programs in the past but nothing seems to work long term.					

If some of your responses are in the shaded area above:

- You may need to find ways to manage those particular issues as you work through your program; and/or
- You may need to be more realistic about your expectations of weight loss.